

MOMS  
WHO  
ROCK

# Bette Gosule

## OF NEEDHAM

BY

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**Age:** 60

**Grandmother of:** Alex, age 9, and Chip, age 4

**Occupation:** owner of Soul Cookies

**B**ette Gosule is in the business of cookies, but then again, what grandma isn't "in the biz?" However, instead of reaching into the cookie jar to offer her grandchildren a treat, Bette opens her freezer. There, homemade Snow Caps, Limonellas and Coconut Euphorias (and seven other varieties), wait to be a part of special memories with others or that downtime we need every day.

All of Bette's cookies, with the exception of Chocolate Clouds, can be frozen. This is a plus, she says, especially for when her grandsons sleep over. This way they don't go stale, and they can take just one.

And sometimes, just a little break, a little something, is all that you need.

Bette calls her gourmet treats, "Soul Cookies."

As the saying goes, moms know best. As you can well imagine, Grandma may know even better on some things. Bette's cookies, she says, are all about that ritual of taking time for yourself to feed your soul and not worry about things that in the grand scheme are just not a priority.

"I really believe you can sit down when the kids go down for a nap and have a cookie. Take a deep breath and enjoy it. After that, you can face an afternoon," says Bette, who has been in the business of feeding souls since July 2006.

While we wish they could, baystateparent knows that eating a cookie cannot save the day, but the ritual of taking time for yourself or deliberately savoring a treat with someone you love, can. Bette prides herself in the small size of her cookies which allow for that five minutes of savoring and sampling that people, especially mothers, should not feel guilty about.

One of Bette's favorite compliments, "These are the lightest cookies I have ever tasted," is actually how Bette wants us to feel: light as air.

Bette, who has been baking since she was a child, loves her later-in-life business, "The cookie business is fun. It gives me an income, and I get to talk to terrific people," she says, "I keep my hands in it as much as I want to."

Plus, her cookies "are made with my heart and soul and all the love I can put into them."

Such a grandmotherly-thing to say!



Bette, who has the sweetest voice you've ever heard, reflects upon her grown son, Bradley, whom she raised in Needham. "My son is a great guy, married to a wonderful woman. I adore her. And my grandsons are like everyone's grandchildren... perfect."

She feels fortunate to live in the same town as her grandsons. "It's great for everyone and makes things easy whether it's out to the park, a meal or just hanging out at Grandma's."

"And being a grandmother," Bette says, "you never say 'no.'"

When she's with her grandsons, she tries to enjoy every minute, and she encourages parents to do the same. Her words of wisdom? "Life is too precious to get upset because a child wants an extra snack or wants to play in the rain or stay up an extra ten minutes."

Bette hopes her grandchildren remember coming to Grandma's house to play, bake and maybe learn little lessons of life.

"I also hope that as they get older and form their own lives, they know they are welcome to visit, talk about problems and get another perspective on growing up. A grandparent's home should provide a safe haven when they begin to question life's ups and downs. After all, we've all been there."

And Bette will continue to be, making everything just a little bit lighter with her cookies. Take it from Bette, baystateparent's grandmother who rocks, *life is stressful -- have a cookie.*

If you would like to do something sweet for someone going through a tough time or needing a little “me time,” Soul Cookies make a nice gift. Bette will bake your cookies to order and package them in keepsake boxes. Great for new moms! For more information on Soul Cookies, visit [soulcookies.net](http://soulcookies.net) or call 781-449-4941.

## Take 15 with Bette

**1. Tell us about becoming a grandmother for the first time.** I was having dinner in Duxbury when I got the call from my son. We broke all speed limits to get to the hospital. It was the most incredible sight to see this miracle of life. There is nothing quite like being a grandmother.

**2. Was baking always your career of choice?** I taught elementary through high school, advanced placement, remedial and a lot of English. It was fun while it lasted. I worked as a travel agent, for a CPA and then in my own business, “Scripophily,” the buying and selling of antique stocks and bonds.

**3. Tell us about the name of your business, Soul Cookies.** I have always felt that I bake by putting my heart and soul into every batch. Therefore, the name seemed right.

**4. Where do you get your cookie ideas?** I love to travel to Europe, to the South. Anywhere I can go and be away is wonderful.

**5. What’s the most interesting cookie order you’ve ever received?** Horse-shaped decorated cookies for a Kentucky Derby party

**6. Do you share your recipes?** I only share cookie recipes with my sister in England and my cousin in Israel.

**7. Were you the “cookie mom” when your son was in school?** I did some baking of cookies and cupcakes. Unfortunately, I worked outside my home and had to purchase store cookies. Knowing what I do now, I never would have bought packaged cookies!

**8. Could you have done this business when you were a stay-at-home mom?** No. There were always other commitments and challenges on a daily basis.

**9. How do you bake all these cookies without eating them?** When I began Soul Cookies, I taste-tested every batch. After a while, I was confident enough to trust what I baked. Now I only taste-test new creations.

**10. If you had to buy store-bought cookies, which would you choose?** I’d buy Mallomars because I grew up with them and wouldn’t bake them myself.

**11. Tell us about your other hobbies:** When I’m not baking or enjoying the company of my grandsons, I sing, travel, read and walk.

**12. So many of our readers have entrepreneurial spirits. What advice can you give them?** If you want to explore other avenues, realistically determine how much time you could/would devote to it; what are your objectives (giving you something to do or profit?); what would you sacrifice in terms of time with your children, family and friends? Once you have a clear picture of your goals and the support of the rest of your family, go for it.

**13. Retirement. What’s it like?** If you have cultivated other interests and hobbies before retirement, it should be easy. The only question you are likely to ask yourself after a few months is, “How did I ever have time to work for a living?” The idea of sleeping a bit later some mornings, enjoying a leisurely breakfast and planning a day just for yourself and with those you cherish, make retirement a joy. Of course having said that, Soul Cookies takes a great deal of my time. However, I’m doing something I truly enjoy. Enjoying what you do with your new- found

freedom is where it’s at!

**14. Do you worry about your grandchildren’s generation?** Parents raise their children with a much greater fear today. I constantly worry when I take my grandsons places to keep them in sight and to be aware of everyone and everything around me.

**15. A message for other grandparents:** Grandchildren are products of your children. Enjoy them totally as little people making a big difference in your life. Don’t try to be the parent; it never works. Grandchildren will love you for who you are and not how your children see you. Grandchildren keep you young as long as you let them. Laugh with them, not at them. Keep them in your heart even when you are away, and always keep in touch. The bond will continue to grow.

## Happy Grandparents’ Day!

*Do you know a mom or dad who rocks?  
E-mail [editor@baystateparent.com](mailto:editor@baystateparent.com).*



“If I didn’t like what I was doing, you probably wouldn’t enjoy the cookies!” says Bette Gosule.

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